

August 8, 2003

Ms. Karen Dresden, Principal
Capital City Public Charter School
3029 14th Street, NW
Washington, DC 20009

Dear Ms. Dresden:

We want to thank you and your staff for the effort and cooperation provided to gather the necessary information to complete the nutritional analysis of your school menu. The purpose of this School Meal Initiative (SMI) review is to measure the progress you have made in providing healthy meals that meet the USDA nutrition goals for the School Breakfast and National School Lunch Programs (7 CFR 210.10).

The SMI review includes checking for compliance with the meal pattern; completeness of production records; and a detailed computerized nutrient analysis of the meals you serve. It is expected that the nutrient content of your menus averaged over the course of a week be in compliance with the nutrient standards USDA has established. The assessment was made for the Traditional Meal Pattern for nutrient standards established for children in grades K through 6th.

Key highlights from your review:

- Meal pattern requirements for components are being met both daily and weekly.
- Your menu has good variety during the week.
- A variety of fresh fruits and vegetables are used throughout the week.

Based on the documentation you provided, the analysis for the week of review indicates your menus are elevated in total fat and saturated fat. Please see the attached nutrition profile for a comparison of the nutritional analysis of your menu compared to the nutrition standards. The USDA regulations do not have specific standards for cholesterol, fiber, or sodium, but do require that over time cholesterol and sodium are lowered and fiber is increased. Future SMI reviews of your menus will evaluate these three nutrients.

The following Plan of Action provides recommendations for modifications to enhance your record keeping, to improve the nutrition profile of your menus, and to ensure regulatory compliance. Since you have your meals vended from Top Spanish Catering, you will need to coordinate with them to make any necessary changes.

| Plan of Action Meal Pattern and Nutrition Standards Compliance | |
|--|---|
| Observations/Finding | Recommendations |
| <p>Production Records accurately completed not available during on-site visit, or for the week of review. It is a requirement of the federal regulations (7CFR 210.10 (a)(3)) to maintain complete production records.</p> | <p>Production records with <u>planned numbers</u> for each item should be accessible before each meal service. Served numbers and leftover numbers need to be recorded at the end of meal service to ensure accuracy.</p> <p>Portion sizes should be appropriate for age groups. Grade groups for the Traditional Meal Pattern are K-3, 4-12, or 7-12. These differing portion sizes should be documented daily on production records as well as the planned numbers for each.</p> |
| <p>Total Fat (TF): The combined analysis of breakfast and lunch showed TF at 32.16%.</p> <p>Saturated Fat (SF): The combined analysis of breakfast and lunch showed SF at 11.04%.</p> | <ul style="list-style-type: none"> ♦ Reduce cheese portion size on sandwiches to ½ or 1 oz, as well as reducing meat portions served in meals. For example the Beef Teriyaki recipe indicates that 4 oz of meat is served to each student. Reducing this amount to 2 or 3 oz will lower total fat and saturated fat. ♦ Consider using reduced fat mayonnaise and cheeses in all recipes. ♦ Eliminate oil or margarine in vegetable cooking ♦ Offering 1% white milk, which is lower in fat than the 2% white milk you currently offer, will reduce the total and saturated fat content of your menu |
| <p>Cholesterol: While no specific standard is set, 111 mg shown on the combined analysis should be lowered.</p> | <p>Eggs are high contributors to cholesterol. Decrease the number of times eggs are served at breakfast.</p> |
| <p>Only one type of milk served at lunch. Federal regulations (7CFR 210.10 (m) (1) requires a variety of milk be served.</p> | <p>Serve an assortment of 1% white milk, 1% chocolate milk, or nonfat milk at lunch.</p> |

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These types of changes will help you meet the nutrition standards with all your menu planning efforts. Review the enclosed handout *Tips on Menu Modifications for Healthy School Meals* for further menu planning information. If you have any questions regarding your SMI review, please contact the State Education Office at 727-6436, or Linda Rider or Nicole Carmichael at CN Resource, 1-888-546-3273.

Sincerely,

Dr. Cynthia Bell
State Director

cc: Robin Harris